

NEWTOWN SENIOR CENTER NEWSLETTER

Newtown Senior Center Director Marilyn Place 14 Riverside Road Sandy Hook, CT 06482 (203) 270-4310 Jan-Feb 2017

AARP Income Tax Assistance for year 2016

February 6th — April 10th Mondays only from 9-12 By Appointment Only Free of charge for low and middle-income taxpayers. If married, both spouses should be present. Call 203-270-4310 to schedule an appointment. Please bring the following:

WHAT TO BRING TO A COUNSELING SESSION

<u>Note</u>: If taxpayer(s) expect to itemize deductions, we recommend scheduling appointments at least after Mid-February 2016 in the event that the IRS needs time to reflect recent tax legislation updates.

PERSONAL

- If married, both husband and wife should be present.
- Proof of identity (picture or other documentation).
- Social security number (Social Security Card or Benefit Statement-Form SSA-1099) for taxpayer and all dependents.
- Copy of last year's Federal and state tax returns.
- Personal check, if Direct Deposit refund, with bank checking account & routing no.

INCOME

- W-2 Wage & Tax Statement form from each employer and W-2G Certain Gambling Winnings forms.
- Unemployment compensation statements.
- SSA-1099 Social Security / RRB-1099 Railroad Retirement payments forms.
- All 1099 forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B) as well as purchase price (cost basis) of sold assets.
- 1099-R forms reporting pension & annuity income and IRA distributions.
- 1099-Misc form reporting any miscellaneous income.

DEDUCTIONS AND CREDITS

- A taxpayer may want to itemize deductions:
 - Form 1098 Home Mortgage Interest (may also provide Real Estate Taxes paid)
 - **Contributions to charity documentation**
 - Real estate and personal property (vehicle) taxes paid
 - State income tax refund documentation (if itemized in 2010)
 - Health/dental insurance including Medicare B and D payments (on SSA-1099).
- Qualified out-of-pocket medical expenses.
- Capital loss carryover from prior years
- Calendar year local real estate and personal property taxes (regardless if itemizing).
- Child and dependent care provider expenses.
- Qualified education expenses.
- Residential energy credit expenses.

PAYMENTS MADE

Quarterly estimated federal and state taxes paid & prior year's refund applied

Happy New Year









Services

SweetHART BUS Telephone Numbers:

For reservations (203) 748 2511 Will call/cancellations /confirmation (203) 830 4399 Comments/Questions (203) 744 4070

FISH MEDICAL DRIVERS

Transportation for medical appointments. Monday—Friday from 9:00 am-2:00 pm. Ambulatory disabled and/or seniors may call 1-800-794-0034.

Blood Pressure

2nd Thursday of every other month @ 1:30-2:30 4th Wednesday of the month @ 1:00pm Get your blood pressure checked regularly.

CHOICES

Area Agency on Aging

1-800-994-9422

Get answers to any Medicare problem or questions you may have—*FREE*.

Lunch Program

The Newtown Senior Center hosts a congregate meal program Mon, Tue & Thurs. A \$2.00 donation is encouraged. Call to reserve your meal at least 3 days in advance at (203) 270-4310. Great menu's! You can pick up a menu at the front desk.

Municipal Agent for the Elderly Ann LoBosco

(203) 270-4330

Nutritional meals (regular and special) are delivered at reasonable cost. To inquire into becoming a meal recipient call Marilyn at 203-426-6340 or Janet at 203-270-1960.

When Special programs, events, speakers are scheduled regular classes are canceled, during the time of the special programs. Please check the newsletter. Any questions please ask staff.

CODE OF CONDUCT

The Newtown Senior Center is a facility where people age 60 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich lives. Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectively towards their peers. Seniors must conduct themselves appropriately, treat each other with courtesy and respect, and cooperate at all times in order to create a positive environment and sense of community within the Senior Center facility. Any senior who chooses not to adhere to this Conduct will be deemed to be in violation of the policy. In any such occurrence, the Director of the Senior Center will make the determination of any action to be taken, to preclude recurrence.

MISSION STATEMENT The mission and purpose is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. To enhance independence, support mental, physical and social well being.

GOAL The Center's goal is to function as a focal point for providing the most needed community services to older people by forming co-operative linkages with community agencies and organizations; to provide activities and services that will promote well being of every aspect of community life.

NEWTOWN SENIOR CENTER PHILOSOPHY

We believe: Older adults are individuals of dignity and self-worth with ambitions, capabilities and creative capacities; older adults seek continued growth and development; older adults need both access to sources of information and help for personal and family problems as well as opportunities to learn from individuals coping with similar problems; older adults have the freedom to voice their input regarding the center programming. We will: Create an atmosphere that acknowledges and affirms the dignity and self-worth of the older adult, maintaining a climate of respect, confidentiality, trust and support; create opportunities for older adults to apply their wisdom, experience, and insight, and to exercise their skills, assist other agencies and/or groups in serving older adults and provide opportunities for older adults to develop their potential as individuals with the context of the entire community. We expect: A welcoming reception for all who visit the Center; honest, courteous, and respect from all who participate in the Center and its activities; as well as adherence to the Code of Conduct and the rules and regulations of the Center.

DAY TRIPS WITH NSC IN 2017

MOHEGAN SUN CASINO Thursday Jan 19th \$32pp Bus departs center @ 8am

Includes transportation, tip and casino bonus of \$15 food coupon & \$15 free bet

St. Patrick's Celebration at the Aqua Turf featuring the Maclean Avenue Band.

Tuesday March 14th \$75.00 pp Includes * Transportation * Lunch and Glass of Wine or Beer *Entertainment....

UConn Women's Basketball at Gampel Pavilion Saturday Feb 11th \$55.00 pp. UConn vs S.M.U Mustangs. Game time is @ 2:00.

OVERNIGHT 2017

Mohegan Sun January 25,26 no minimum tour Cost: \$163.00 PP \$228.00 Double \$153.00 Triple Includes: Roundtrip Transportation, Hotel Accommodations, (2) \$15 Food Coupons (2) \$10 Free Bets. Taxes and Baggage Handling.

RECYCLE BINGO come and enjoy some laughs. Wednesday Jan 18th @ 1:00 pm Did you get a gift for Christmas that you did not need, didn't fit, was the wrong color, or just plain ugly??? Well bring it in and have a fun filled afternoon playing recycle bingo. You could end up with a beautiful gift or could end up with one even uglier than the one you brought. Whatever, it is an afternoon filled with laughs. What could be better than that????

Irish Folding all Day ..Make Valentine Cards w/ Marianne all day **Tuesday February 14** One for yourself and one for the nursing home. Sign up for lunch and enjoy making someone else happy. XOXOXO'S

VALENTINE BINGO PARTY Tuesday February 14th @ 1:00.

Afternoon Tea with Physician One Urgent Care Friday, Jan 20th 1:00 -2:00pm

Please join us for an afternoon of tea and cookies sponsored by Physician One Urgent Care! Meet members of the Physician One team and learn more about how they can help you when you need them. It will be a relaxing afternoon filled with sweet treats, new friends, and fun!

AARP Driver Safety Program Fri. March 10th 12:30 – 4:30 This is a refresher course geared especially to your safety needs. Learn defensive driving techniques and to adjust your driving to age-related vision, hearing and reaction changes with up to date advances in car safety and features specifically available for older drivers. AARP has completely revamped this four hour class with new videos and workbooks taught by certified instructors. The course is fully supported by the State of CT and offers the same insurance benefits. The fee for the new course payable the day of by check made out to AARP will be \$15 for AARP members and \$20 for non-members. Call 203-270-4310 to reserve a seat. Other classes scheduled Friday June 2, August 18 and October 20.

Please note.......CLASSES ARE CANCELED DURING SPEAKER/SPECIAL PROGRAMS

Movie & Popcorn Temple Grandin Thursday Jan 26th @ 1:00 A biopic of Temple Grandin, an autistic woman who has become one of the top scientists in the humane livestock handling industry. Based on a true story. Sign up at the front desk... Florence Foster Jenkins Friday Feb 10th @ 1:00 Florence Foster Jenkins, an heiress form NYC always wanted to be a concert pianist and play Carnegie Hall. An injury in her youth deterred that dream. So she sets out to sing her way to Carnegie Hall knowing the only way to get there would be "Practice ,Practice". Her husband supports her venture and the true story of Florence Foster Jenkins playing Carnegie Hall becomes a truly historic event . Based on a true story. Sign up at the front desk...



A Connecticut Creative Arts Organization





Movement

with PILOBOLUS

Adults

Workshop held at Newtown Senior Center

Jan. 23-27* and Feb. 3* Monday-Thursday, 9:00am-10:00am

- *Friday, Jan. 27 | 5:00-8:00pm (optional)
 Presentation opportunity at Pomperaug Elementary
 School | 7:00pm
- *Friday, Feb. 3 | Time TBD (optional)
 Presentation opportunity at Reed Intermediate
 School | Time TBD

Sponsored by:



Spend a week at a creative movement workshop with the renowned dance company Pilobolus. Experience gentle dance movements and learn seated stretches and standing dance moves to limber your body as well as your creative imagination. This workshop is open to all physical abilities. No previous dance experience necessary — just a desire to move your body in a fun, safe setting with great music.

For more information or to view our privacy policy, visit our website www.asapct.org, or feel free to call us at 860-868-0740 or email us at asap@asapct.org. ASAP! After School Arts Program* is a registered trademark of After School Arts Program, Inc. The After School Arts Program, Inc. is a 501(c)3 non-profit organization. Registration is on a first come, first served basis. Please recycle this paper. Refunds are not available. Financial aid is available to those in need.

REGISTER ME for Movement | Adults





Participant Information:

Name:		Gender: M F
Phone:	Cell:	E-mail:
Special Needs/Allergies:		
Emergency Contact (Name):		Emergency Contact (Phone):
T-Shirt Size (Circle size): Adult (S	Small / Medium / Larç	ge / XLarge)
How did you hear about this prog	yram?	

- Contact me about volunteer opportunities.
- □ NO, I do not wish to receive ASAP!'s e-mail newsletter for upcoming workshops and events.

I will hold harmless the Town of Washington, the After School Arts Program, Inc., Town of Newtown, Newtown Senior Center, Reed Intermediate School, Newtown Public Schools, and any of its agents, directors, employees, and supervisors for any responsibility or liability for any injuries or property damage which may arise from my or my child's participation in this program. I understand that in the event of any injury, my own personal medical insurance will be used.

I, the undersigned, authorize ASAP! to record on video tape, photography, voice recording, or interview through print or other media, my first name, voice, image, artwork, and/or performance for informational programs, reports and promotional materials to be used for non-commercial purposes. I understand that I will not receive compensation for this appearance and no private individual will receive compensation of any kind as a result of broadcasting this material.

Participant Signature:	Date:
Participant Signature.	Date.

SOCIAL AND INTER-GENERATIONAL PROGRAMS

KNITTING w/ Jane Fridays at 12 noon . Jane volunteers for over 23 years sharing her expertise and her love of knitting! A great time to socialize and to begin and/or finish a project you always wanted to do. Fun group!

ART LESSONS w/Lynn Tuesdays @10AM All Medias Come and enjoy **IRIS FOLD CARDS w/ Marianne** Tuesdays at 10am.

Iris folding is a technique where folded strips of colored or patterned paper are layered in a spiral pattern behind a aperture. It is called "Iris Folding" because it resembles the iris of a camera. We've been making cards for years and sending them to the troops, residents of Masonicare nursing home, local daycare, the annual Bazaar and for you! Come and enjoy this creative craft and make a unique card.

SPANISH LESSONS w/ Louise Thursdays at 10:30 January 5,12,19,26. February 2,9,16,23 (fiesta) Sign up to reserve a spot **GRACIAS!**

KENO w/ Joe 1st Wednesday of the month at 2:00 Sponsored by Golden Opportunities **HOT TOPICS** Every Tuesday @ 10:30. Members bring current events and interesting topics to the group for discussion. Open to all.

NSC BOOK CLUB Jan 4th The Invention of Wings (Sue Monk Kidd) February 8th Clara & Mr. Tiffany (Susan Vreeland) Meets 2nd Wednesday of the month @ 3:00.

MEN'S BREAKFAST CLUB Meets the 1st Thursday of the month at 9:00am.

A nice way to start your day w/ some coffee/tea and/or egg sandwiches mixed with meeting new and old friends. \$2.00 pp for egg sandwich. Call to sign up.

INTER-GENERATIONAL FUN W/ CAC Every 2nd Thursday from 10-11:30 am.

A themed craft activity. Every 4th Thursday 10-11:30 am. Volunteers (needed) to read a story.

POKER GROUP Tuesdays @ 1:30 call to sign up....always room for more.

HOT DOG LUNCH \$3.00 January 20th & Feb 10th... Sign up at the front desk.



FRAN and FRIENDS

"music and laughter" Jan 9th following up every other Monday 1-2. Join Fran and her traveling accordion for a sing along. If you play an instrument and feel comfortable enough....bring it along. It's fun to sing and play some good old Favorites with a group. You might say you don't have a voice, but together we all sound great! Join us! Get into the festivities!



LUNCH BUNCH:



Old Heidelberg Jan 13th.
The Putnam House Restaurant Feb 24
Bus will leave at 11:00.
Only 16 spots available sign up at the front
desk....

"New" Chess Club Jan 13th Friday @3:00

Will & Dillon from Newtown Chess club will be teaching us how to play chess. Chess is a two player strategy board game played on a chessboard, a checkered game board with 64 squares arranged in an eight-by-eight grid. Sign up at the front desk..

Newtown Comprehensive Foot Care with Dr. Huynh Friday, Jan 27th @ 1:00 Arthritis is inflammation of one or more joints, causing pain and stiffness that can worsen with age. Symptoms include pain, swelling, reduced range of motion. There a more than 3 million US cases of arthritis per year. Different types of arthritis exist, each with different causes including wear and tear, infections, and underlying diseases, such as; Osteoarthritis, Rheumatoid Arthritis, Gout, Lymes Disease and many more. Sign up..

EXERCISE HEALTH FITNESS

Flex, Fit, & Tone with MaryAnn Monday & Wednesday @ 10am Friday @ 10:30

This is a conditioning class using weights, bands, and balls to strengthen and stretch your entire body. **Limited seating.**

Yoga w/ Eileen Monday and Thursday at 1:00 pm

Focus on stretching, strength, breathing and listening to your body in a peaceful state. Bring your mat and join Eileen. You'll thank yourself for it.

Tai Chi w/ Sue Tuesday at 2:00 pm

This class encourages balance, subtle flexibility, body awareness, improving stress reduction, balance and agility is the focus.

Zumba Gold w/ MaryAnn Friday at 9:00 am

No experience needed just love of music to motivate and move. Easy to follow fitness.

Chair Pilates w/ Claudia Tuesday at 12:30 am

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension and side banding through different stretching positions. Increases strength and improves mood and energy with the fun and invigorating movements. **Class is limited to 18.** This is a new class and sign up is necessary to ensure a spot.

Chair Yoga w/ Eileen Tuesday and Friday at 3:00 pm

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength and balance. Ends with meditation. You'll feel fabulous! **Class is limited to 18**.

Strength Training w/ Claudia Thursday at 2:30 pm

Come strengthen, shape and tone your whole body! Receive the individual attention that will help improve your ability to perform daily activities. You will learn proper form and technique when using handheld weights, bands, and balls. See improvement in your flexibility, balance, and posture as well. Weighted balls supplied by teacher. **Class is limited to 18.**

Line Dancing w/ Sherri & Steve Wednesday at 1:30 pm

For beginners and intermediate. Enjoy the Waltz, Cha-Cha, Tango, Swing, Rumba, Mambo, and many more. No partners necessary, this is line dancing. Great music and so much fun.

Qi Gong w/ Susan Tuesday 12:45-1:45

These easy-to-learn gentle postures and graceful flowing sequences are based on traditional Chinese exercise. Qi Gong improves balance by toning and strengthening the muscles of the lower body as well as the core, and building better bone—density by practicing rooted weight-bearing postures. The body mechanics of Qi Gong also improve flexibility and range of motion. The harmony of breath and movement relaxes and unifies mind & body for a complete exercise program that enhances confidence, co-ordination and optimal good health.

New England Community Barn Dance w/ Patrice Thursday 2-3pm

Come join us for a Traditional Square & Folk Dancing—circle, square, & long ways dances (think of a Virginia Reel or dances from a Jane Austen movie). No partner necessary. Dancing benefits the mind and body!

Morning Meditation w/Claudia Tuesday 9:00-10:00

Whether you're a first timer or have been meditating for years, this is a great way to start the day. Look up meditation and you'll find phrases like Stress benefits cardiovascular & immune health Improves concentration Slows aging Increases happiness, health & self awareness There are many ways to meditate. I hope we can take some time to discuss meditative practices, then take some time to practice meditation. It is my desire that this program evolve with the participants into a class that meets everyone's needs.











Are You Ready? Take Important Steps Understand Your Risks:

Potential natural disasters in our area include severe thunderstorms, blizzard/severe snow storms, flooding, hurricanes, tropical storms and even tornadoes. If you live near a water-course or low-lying area that is prone to flooding, it is important to know when and how to evacuate when the water rises rapidly and know what route to take and where you will go if you have to get out quickly. Specific Circumstances and Needs: If you or a family member has specific needs, physical or medical, it is important to consider what your plan of care will be during an emergency – whether you have to stay at home, evacuate or go to a shelter. Know in advance if special equipment, supplies, medication, or support is necessary and plan for/ acquire it in advance. Work with your current provider and if you are not sure, call the Health District and they can either help directly or connect you with the right re-source. Plan Ahead for Your Pets: Pets are part of the family. Plan for your pet's needs in case you have to shelter in place (staying at home, potentially without power for many days) and also in case you need to go to a shelter. In addition to a carrier, leashes, bowls, food, proof of licensing and/or vaccinations will be required. Have these ready. Are You Ready? Take Important Steps to Be Prepared ..Sign up for CODE RED and Smart 911 Go to Newtown's town website at www.newtown-ct.gov then scroll down the page, on the left hand side is the logo for CODE RED . It is an active link, Click on it and sign up for your home phone, cell phone and e-mail so you can receive important information during an emergency. If you do not have internet access or if you think you need help doing this, call the Fire Marshal's office at (203) 270-4270 to get assistance and be signed up.

ENERGY ASSISTANCE PROGRAM Assistance is available for eligible people who need help paying winter heating bills. Applications will be processed at the Social Services Department for people age 60 and over. When applying copies of the following must be provided and will not be returned: • Proof of all CUR-RENT income, last 4 weeks pay stubs if employed, interest & dividends, pensions & social security (Please bring your 2016 benefit letter from Social Security) • Current bank statements and/or updated passbooks • Latest Eversource electric bill • Latest Eversource Gas bill or latest fuel vendor statement or delivery receipt • Latest rent receipt if heat is included with rent payment. Income Guidelines Single —\$33,881.00 Couple—\$44,305.00 Applicants will be required to complete a Liquid Assets Declaration Form and provide verification of all declared liquid assets. Liquid assets include checking and savings accounts, CD's, IRA's, 401K, pension, stocks and bonds. For homeowners, the first \$10,000 in liquid assets, and for other households, the first \$7,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income must be below the income guidelines. Households that use a utility as their primary heating source and have documented that all household members are currently receiving Temporary Family Assistance, Refugee Cash Assistance and/or Supplement to the Aged, Blind and Disabled, are not subject to the liquid assets test. Call Ann at Social Services (203)270-4330 to schedule your appointment.

BE AWARE & BE PREPARED Jan 11th @ 1:00

The winter season is upon us and although many of us have gone through severe winter weather, many more of our friends and neighbors have not. The Emergency Management Team of Newtown have some tips and safety preparedness information to share with you along with helpful links to the town's emergency notification system. Deputy Emergency Management Director and Director of Communications Maureen Will has a some great tips and information to give to you to help you in the event severe weather impacts our community and tips to help you should you find yourself on the road when the weather strikes. Preparing a "Go Bag" and a Shelter in Place kit are just some of the information that will be provided along with information on the CodeRED notification system and Smart 911. **Sign up at the front Desk....**

Away in a Manger S G R D A M A F C I F Z Z X F K U H J Z W A W A Y O B R E M M U R D E L T T I I

Choir of the Bells Dominick the Donkey Frosty the Snowman Holly Jolly Christmas Jingle Bell Rock Jingle Bells Let it Snow Little Drummer Boy Little St Nick O Holy Night Rudolph Santa Baby Silent Nigh Silver Bells The Christmas Song The First Noel Winter Wonderland

Chicken Scratch NY

X L K G J Ι Z 0 D U R J N 0 Z D Z D S E L C В R G C K G N 0 S I R C Ε Ι J L Α M S Н I F G I В D 0 D L D R N I L 0 Т X E В J R N Т 0 R Ι R A A X I Ρ S N E W E Ι T E M В E U U В T E S L S Ι C D C Н S Α Y Α Α N S N 0 E I I G X L Т R Ι I В I A I Z Т K I X S J U G N K M 0 C Z E J S U U Ι K 0 I T S L E Ε G J В Z S L E E Ι S E E Н Т I 0 S N D K E E BXB С J Н R U

Won's Taekwondo Academy Jan 25th @2:00 will be providing a



Free martial arts class is a fun workout tailored for seniors, taekwondo is not just high kicks and fighting! This class increases your balance, strength, and flexibility through basic taekwondo techniques, and you can participate at your own pace. By learning how to safely punch, kick, and block for self-defense, you'll gain confidence in your physical abilities, reduce stress, and improve your mental sharpness. No experience necessary.

Sign up at the front desk..

Winter Weather Cancellations

Please watch Channel 3 during inclement weather to see if we are open or closed. If there is a delay in school openings...there will be no AM classes. If there is an early dismissal in the PM... there will be no afternoon classes. We never close being part of the municipality unless the Town does. Any questions... call the Center.







NEWTOWN SENIOR CENTER 14 RIVERSIDE ROAD SANDY HOOK, CT 06482 PRESORTED STANDARD U.S. Postage Paid Newtown, CT 06470 Permit No. 1002

The Mission of the Newtown Senior Center is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. And enhance independence, support mental, physical and social well being.

HAPPY NEW YEARS!! Winter Closings

Jan 2nd **Closed** Jan 16th Martin Luther King **Closed** Feb 20th Presidents Day **Closed**